

A Healthier You

News for Ladies First Members



Not Afraid of Cancer

Maria Brault finds support with Ladies First

(see inside)

Dear Ladies First Members and Friends,

Sometimes I feel like I have the best job in the world. When I hear stories like Maria Brault's (this issue's cover story), I realize yet again how much good Ladies First can do for Vermont women. If you know anyone who's not getting screened for fear of treatment costs, pass this issue on! We've also got news for you on the latest program changes designed to make the screening process smoother than ever – for you, for providers, and for our staff, too. Setting healthy heart goals just got easier, too, with special clinics starting all over the state. And last but not never least – a recipe. It's an old favorite with a healthy twist – lemon squares on the lighter side. Mmmm. I can taste them now.



Enjoy!

A handwritten signature in black ink that reads "Kerri Frenya". The script is fluid and cursive.

Kerri Frenya

Ladies First Outreach

Heart Health Clinics

Easier than ever to take care of your heart

Chances are you'll get a call in the next few months from an outreach worker inviting you to attend a "Cardiovascular Health Improvement Program" (CHIP) clinic. This is a simple way for you to get screened for heart disease and set "get healthy" goals in any area you choose. You will learn your blood pressure, cholesterol and glucose levels, during your visit, and work with a nutritionist to help you improve your health. Ladies First plans to conduct 70 clinics this year. Don't want to wait for your call? Phone your local outreach worker for more information.

When Maria Brault was diagnosed with breast cancer, her biggest fear wasn't even the disease

"I wasn't scared at all," says Maria, 63. It was just the problem of where to get help" – and how to pay for it. Maria is originally from the Philippines, but has lived in Vermont for over 11 years. More than anything, she feared the cost of treatment. She didn't even tell her husband about her diagnosis at first until she could find a way to take care of it herself. An acquaintance told her about Ladies First, and she called immediately. Maria was thrilled to discover through Ladies First she was eligible for a special Medicaid

program that paid for her cancer treatment as well as any other medical exams or procedure she needed while getting treatment for her cancer.

With her cancer under control, she reaches out to others often. "I made a pledge to myself to go help people who need help, to get a mammogram, get a pap smear, and other physical checks." She also tries to educate friends and family about cancer. "They looked at me like I was dying. I said cancer can be deadly, but early detection can really help a lot."

Your Local Health Outreach Workers

Barre	
Katrina Pelkey	1-888-253-8786
.....	476-0168
Bennington	
Wendy Murphy	1-800-637-7347
.....	447-6407
Brattleboro	
Caryl DeFelice	1-888-253-8805
.....	251-2110
Burlington	
Tanya Beaudoin	1-888-253-8803
.....	657-4232
Middlebury	
Karin Ziedman	1-888-253-8804
.....	382-4001
Morrisville	
Linda North	1-888-253-8798
.....	888-7447
Newport	
Wanda Swett.....	1-800-952-2945
.....	334-4385
Rutland	
Linda King.....	1-888-253-8802
.....	786-5103
St. Albans	
Beth Allen.....	1-888-253-8801
.....	527-5589
St. Johnsbury	
Linda Hall.....	1-800-952-2936
.....	751-0171
Springfield	
Karen Crawford.....	1-888-296-8151
.....	885-8990
White River Junction.	
Karen Crawford.....	1-888-253-8799
.....	281-5061

News flash!

Get “Carded” with Ladies First

Each month, Kate will be sending out new screening cards to members based on the month you joined the Ladies First program.

Within a year's time, all members will have received their card(s).

You may get two separate cards, a purple one for breast and cervical screening and a blue one for heart health screening. Women over 40 get both cards, and those under 40 get only the purple card.

The cards describe the services you'll get at your visit. Bring the cards to your doctor's appointment and give them to your doctor. You cannot get screened without them! Doctors will then fax the completed card to us. One year later when it is time to get screened again, Kate will send you a new card(s).

With the cards we will be able to receive and process forms more promptly. And the easier it is for everyone, the more women we can reach with life-saving tests.



Lighter Lemon Squares

Crust Ingredients:

- 1 cup flour
- 1/4 cup sugar
- 1/4 cup margarine
- 2 tablespoons low-fat plain yogurt

Crust Directions:

1. Preheat oven to 325°.
2. Combine flour, sugar, margarine and yogurt.
3. Press evenly into lightly greased, 8-inch, square cake pan.
4. Bake at 325° for 25 minutes or until golden.

Topping Ingredients:

- 3/4 cup granulated sugar
- 2 tablespoons flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 egg
- 1 egg white
- juice from 2 lemons (1/4 cup)
- 1 lemon rind, grated (2–3 teaspoons)
- 2 teaspoons powdered sugar

Topping Directions:

1. While the crust is baking, combine sugar, flour, baking powder, salt, egg, egg white, lemon juice and lemon rind in a bowl. Mix well.
3. Pour topping over base and bake an additional 35 minutes or until top is set.
4. Sift powdered sugar over the top when cool.

Servings: 16 • Serving size: 1 square

Calories 115, Fat 3g (20% of calories), Saturated Fat 1g, Carbohydrate 20g (69% of calories), Cholesterol 14mg, Fiber 0g, Sodium 92mg

SERVICES for eligible Vermont women

Age 18–39

(with breast symptoms or abnormal Pap)

Age 40 or older

Screening

Breast

- Clinical breast exam
- Breast self-exam instruction
- Screening mammogram

- In-office breast exam
- Breast self-exam instruction
- Screening mammogram

Cervical

- Pelvic exam
- Pap smear

- Pelvic exam
- Pap test

Cardiovascular

Not available

- Blood pressure check
- Total cholesterol
- Body Mass Index (BMI)
- Diabetic Screening (Glucose)

Diagnostic

Breast

- Diagnostic mammogram
- Ultrasound
- Consultation
- Second opinion
- Breast biopsy and related costs

- Diagnostic mammogram
- Ultrasound
- Consultation
- Second opinion
- Breast biopsy and related costs

Cervical

- Colposcopy
- Other diagnostic tests

- Colposcopy
- Other diagnostic tests

Cardiovascular

Not available

- Follow-up glucose
- Follow-up cholesterol
- Lipid panel

And More

Breast

- Referral to Medicaid Treatment Act, if eligible

- Referral to Medicaid Treatment Act, if eligible

Cervical

- Referral to Medicaid Treatment Act, if eligible

- Referral to Medicaid Treatment Act, if eligible

Cardiovascular

Not available

- Goal setting for nutrition and physical activity with a Vermont Department of Health nutritionist
- Help to quit smoking, with counseling, free patches, lozenges or gum

Please note that women with Medicaid, VHAP, and Medicare Part B are not eligible for Ladies First



Vermont Department of Health

P.O. Box 70, Burlington, Vermont 05402

1-800-508-2222 TDD: 1-800-319-3141

www.LadiesFirstVt.org